

Why You Should

Read

The
Dallas
Express

1. It is your Home-town paper.
2. It is interested in you and your well being.
3. It gives you more news of Negro activities than any other medium.
4. It gives you special news from your friends in other Texas towns. ! ! !
5. It gives you the local news of your church, your lodge, your club, your friends.
6. Editorially, it is conservative, yet firm and progressive.

THE DALLAS EXPRESS

IS ONLY \$3.00 PER YEAR, AND MAY BE
PURCHASED AT:

Ashford's News Stand—Central Ave., near
Swiss.

Robinson's News Stand—Central and Bryan

Miss Shaw's News Stand—1717 Hall Street

10th St. Drug Store—Oak Cliff, E. 10th St.

Peoples Drug Store—Queen City.

Richerson's Cafe—Jackson and Prather Sts.
or by calling Haskel 5761.



HEALTH & HYGIENE

DISEASES OF THE MOUTH APHTHOUS STOMATITIS

This is a variety of catarrhal stomatitis characterized by the eruption (breaking out) of one or more vesicles (bumps) upon the edges of the tongue, the cheek or lip which rapidly passes into sores that are slightly raised and surrounded by yellowish-white bases with narrow red borders. This disease is most common with children between the ages of 2 and 6 years but it is also some time seen in adults. It is usually seen in the Spring and Autumn but may occur at any season. It has many causes, among which are malnutrition, tuberculosis, teething, persistent and stubborn gastric enteric disorders, anemia and a few others. The exciting causes are supposed to be certain bacterial or toxic substances, though no special parasite has yet been isolated.

The herpetic vesicles (bumps) soon rupture leaving the ulcers (sores) as described before. Sometimes they are single or there may be as many as 20 in number in sizes varying from pin head to pea size, inside the lips and along the tongue edge. Sometimes inside the cheek near the edges of the back teeth the ulcers are so sore that almost any motion of the affected parts cause sharp burning pain which of course makes eating difficult. There is an increase flow of secretion of the mouth, the breath is affected but not always offensive. There may be a slight fever, coated tongue, constipation or diarrhea, an irritability, loss of appetite together with the symptoms of any other disease that may be had at that time.

The average duration of the disease is from four to seven days, but in ill-nourished and poorly cared for cases the appearance of successive crops of the ulcers (sores) will prolong the distress. In some cases the affection is apt to recur. Relapses are also frequent in those having weak digestive and imperfect assimilative functions. This disease is usually the result of neglect, hence, lack of proper care for the mouth and teeth, which lead to decomposition of accumulated bits of food and mucus. Of course many cases are due to direct infection, sometimes through infected fingers, handkerchiefs, unsanitary food, or drinks: food that is too hot or too cold or food that is too highly seasoned with salt or pepper will eventually cause the disease.

The proper attention to the hygiene surroundings, kitchen and the rest of the house, the exclusion of flies by screening are some of the first steps to be taken in avoiding or curing the disease. Personal hygiene especially in reference to the mouth, teeth and hands also play a great part. The hands should always be washed before the handling, preparing or eating of food. This holds true especially where there are ulcers, sores or eruptions or any other unclean or unhealthy disease present. The mouth and teeth should be washed after each meal, special care being exercised to see that the teeth are cleansed of bread and other particles of food, that may hang or stick on or between the teeth. Never eat food that has been allowed to stand uncovered exposed to flies. Don't use salt, pepper or other hot condiments too freely.

FIRST FEDERAL BOARD CONFERENCE AT HAMPTON.

"Better People, Better Homes, Better Communities" the Purpose of Vocational Home Economics—Colored Teacher-Training Staff of Southern Region Closes Successful Five-Day Program.

HAMPTON R. O. T. C. HOLDS ANNUAL DRILL.

Col. R. P. Davis, Congratulates Hampton Cadets and Speaks on the Soldier's Responsibility—Lt. Col. N. M. Cartmell Will Command Hampton Unit—Lt. Col. C. R. Norton Assigned to Camp Pike.

Hampton, Va., June 10.—"Not one person in ten thousand people of the United States realizes what it means to be a member of a military establishment. That is the reason why the military establishment of the United States has never been recognized as it should be; the people do not understand. Being in the military service, you have a terrible responsibility, an until everyone in the service and out of it realizes the terrible responsibility of a man in the military establishment in time of war, they cannot appreciate what that establishment means." Col. Richmond P. Davis, U. S. A., commandant of Port Monroe, made these statements in his recent address to the Hampton Institute battalion of cadets, which is now a Reserve Officers' Training Corps unit at the close of the annual competitive drill, which was won by "C" Company, James A. Smothers of Mt. Meigs, La., commanding. The judges were Maj. J. L. Sinclair, Maj. D. W. Swan, Jr. and Capt. T. French, all Coast Artillery Corps officers stationed at Port Monroe.

Value of R. O. T. C. "I congratulate the entire battalion," said Colonel Davis, "on a most excellent performance and a performance which is a credit to yourselves and your institution, but I especially congratulate the authorities and the battalion because today you are a member of the R. O. T. C."

"For many years you have had a battalion, but that battalion simply stood for this great institution, which has done for many years such a wonderful work for you and your people; but today it is different. The battalion is on an entirely different status. You are now a member of the military establishment of one of the greatest countries of the world."

"As soon as you have become members of the military establishment, you have dedicated your lives, if called on, to the service of your Government, and therefore you represent, not only soldiers and not only civilians; but the most patriotic citizens of the country. This is the reason why it is so splendid to have these Reserve Officers' Training Corps units established all over this great land."

Officer Training.

"What are some of the things that you should do to fit yourselves for this work? One of them is this: be loyal to your outfit, be loyal to yourself. Everyone knows what loyalty is, and if, in time of peace, when you are preparing for war—the great crisis which may come—you have not inculcated in your soul that principle of loyalty, never will you be a soldier. In your dealing with members of your command, just as in your dealing with each other in your community, you should take to heart and attempt to cultivate in yourself the principles of courtesy. Courtesy is the foundation of the military establishment, just as it is the foundation of the civil establishment, but it is an absolute necessity, if you are going to be a soldier."

"Another thing: never question orders. Obey them promptly and obey them cheerfully. That is one of the first principles of a soldier's life. A real soldier never questions the orders of his superiors, but when he is told to do something, he goes at it with life and snap, to accomplish it to the best of his ability. If any of you ever fall in command, exercise your commands with firmness and justice. If there is any one thing that human nature will respond to, it is fairness and justice. Remember that the man over you is just; it matters not how hard he is, you will respect him, you will love him, and you will try to do his bidding."

New R. O. T. C. Officer.

Lt. Col. Nathaniel M. Cartmell, U. S. A., has arrived at Hampton Institute to take command of the Reserve Officers' Training Corps unit. Lt. Col. Clifton R. Norton, who has been in command of the local R. O. T. C. unit for the past year, will leave on June 15 for service with the 1st Field Artillery at Camp Pike, Ark. Colonel Cartmell was a member of the Class of 1918 at Washington and Lee. He entered the U. S. Cavalry in 1908 and served with the Rough Riders in the Spanish-American War. He also served in the Philippine Islands. From 1901 until 1914 he served in the permanent establishment and was retired from the U. S. Army with the rank of captain. During the World War Colonel Cartmell was stationed at Camp Pike. He comes from Winchester, Va.

BOB HARDY'S HAND DRAWS ALL MEMPHIS OUT TO LISTEN.

(By A. N. P.)

Memphis, Tenn., June 10.—All shades of society of the darker hue from the kind of a gal who is said to have made the parson lay his good book down to and she of darker hue hewers of wood and drawers of water, all at their best, in bit and tucker and in concert and in chorus were there at the Lyric theater last Tuesday night with but one object—to see the Hardy; to hear his players bring weird tunes from the brass, string and wood; to croon and shout Negro melody; from the kind that suggests the arborescent tendencies of more or less proximate ancestors to the modern jungle. The Hardy was radiant, both from the

beat and from inspiration, and the performance, if anything, went with more dash and vim than did the concert Monday night exclusively for the white devotees of the blues and jazz. The Negro American Legion tendered Hardy and his entertainers a reception after the concert. Special police protection was necessary for the many members of darker society who came in their own and other people's runabouts, landaus, touring cars, sport cars and limousines.

beat and from inspiration, and the performance, if anything, went with more dash and vim than did the concert Monday night exclusively for the white devotees of the blues and jazz. The Negro American Legion tendered Hardy and his entertainers a reception after the concert. Special police protection was necessary for the many members of darker society who came in their own and other people's runabouts, landaus, touring cars, sport cars and limousines.

DESCRIPTIVE RACE SUICIDE IN AFRICA.

London, June 10.—Frederick W. H. Milled, fellow of the Royal Geographical Society, has just returned from two trips across equatorial Africa, from sea to sea. He gave details of a remarkable instance of race suicide. "The Gabon area," said Milled, "is becoming a vast graveyard for the dying races of Central Africa. For some time the sands of Sahara have been advancing southward and there has been a steady trek of native tribes south and west into French territory. There they are held up by more vigorous coastal races and settle down determined to die out."

"It is the most amazing case of racial suicide that the world ever saw. I passed among tribes where the women refuse to bear children and in another generation, if the present ideas prevail, they will die out."

YOUTHFUL SINGER IS GIVEN DIAMOND PIN.

(By A. N. P.)

Washington, June 10.—Master Le-noir Cook, a colored boy of Washington, D. C., was presented with a handsome diamond set in platinum by an unknown young white woman after he had finished singing "Mammy" at a special request at the Convention of Amity Between the White and Colored Races which was recently held in the city. The song was written by the boy's uncle, William Marion Cook, and was dedicated to the latter's mother, whom the family all called "Mammy." The lyrics were written by Lester A. Walton of New York City.

BURGLARS FAIL TO FOOL WIDE AWAKE OFFICER.

(By A. N. P.)

Chicago, Ill., June 10.—Early last Wednesday Patrolman Harry Deas discovered Lee Hunt, 18, of 3206 S. State street, standing behind an open coal hole in the side walk in front of a store at 3236 South State street.

"Say, officer, volunteered Lee, 'my door fell down there and I can't get 'em out.'"

Just then the head of William Caldwell, 23, of 2220 S. State street, appeared through the hole. Deas helped him out. "Somebody left that open and I fell in," he asserted. "Fall in all by myself, officer. You'd ought to pinch these careless folks." The patrolman waited. In a minute out popped Oscar Johnson, 23, 69 E. 36th street. He came out so rapidly he did not have any explanation. The trio all Colored were booked for burglary.

NEW INSURANCE COMPANY CHARTERED IN BIRMINGHAM.

Birmingham, Ala., June 9.—The Booker T. Washington Life Insurance Company, a concern owned by men of this city received its charter on Wednesday and opened offices in the Pythian Temple Building. The company is capitalized at \$25,000 and is composed of exclusively Birmingham men. The well-known J. W. Gillispie, Julius Parry and R. J. Brown entered the organization in less than six months.

FILM COMPANY WILL PRODUCE 'PLAY TOUSANT LOVENTURE.'

(By A. N. P.)

New York City, June 10.—The Blue Ribbon Pictures, Inc., has just contracted to produce for the De la Salle Motion Picture Co., an associated concern, a massive production of 'Toussaint L'Overture.' Considerable time is being devoted to the collection of historic and dramatic episodes that are the property of Col. Chas. Young, retired U. S. Army, who conducted nine years of historic research in the Republic of Haiti. These records include all of the authentic data available concerning the island.

Will Marion Cook, a world acknowledged authority on the subject of Negro music, has been engaged to make a trip to the island for the purpose of determining the exact themes of primitive music essential to the score of the accompaniment that will be offered with the picture.

Mr. Cook and one of London's theatrical magnates have contracted for the picture and its musical accompaniment.

Mr. Warren Munsell is the President of the Blue Ribbon Company and Mr. Heywood Ginn is Production Director. Mr. Madison Corey, who is the General Manager of these concerns and of the Harrold Dickson Film Company, an associated concern with a definite program well on the way to accomplishment. He has heretofore occupied a similar position with the Savage enterprises. Clarence E. Muse is charged with the selection and training of the large number of Colored artists, necessary to accomplishing the requirements of the three concerns; and the selection or adopting of books.

London, June 10.—Telephone wires between Cairo and Alexandria, Egypt have been cut, says a Central News dispatch from Cairo. No news is coming from Alexandria and disquieting rumors are current in Cairo, the dispatch declares.